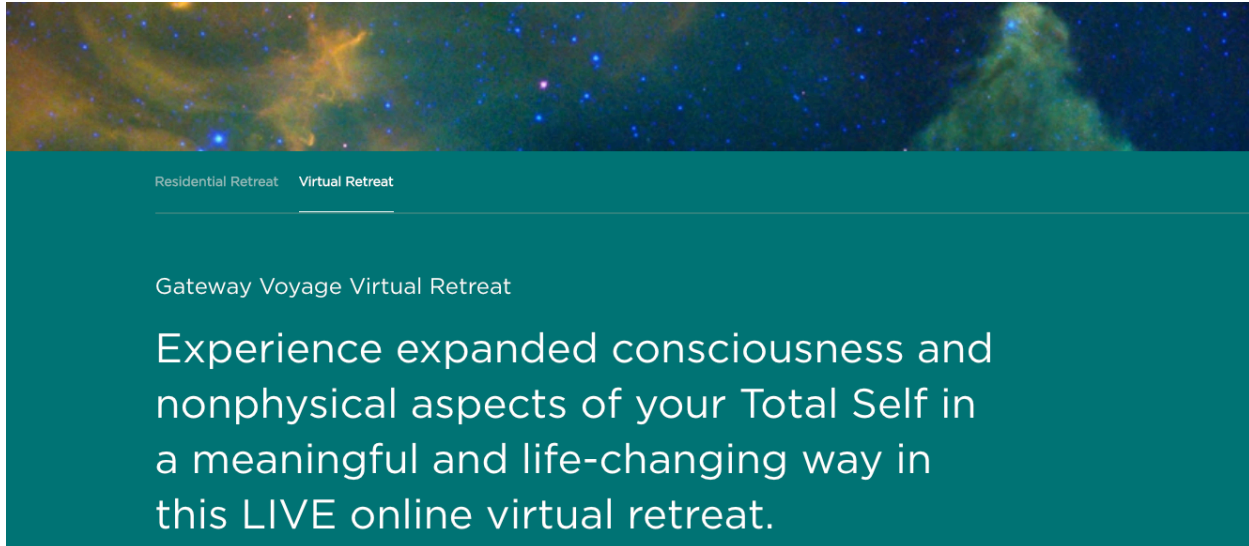




Gateway Voyage Virtual Retreat

2020 Website Program Description



Virtual Program

\$1,295.00

4 1/2 days

Bob Monroe called Gateway “a voyage of self-discovery through the gateway of expanded awareness.” It’s the best way to begin your journey at the Monroe Institute—and is a prerequisite for many of our advanced consciousness training programs.

Learn to navigate the nonphysical realm. During this transformational online retreat, you’ll gain the tools and techniques needed to navigate the nonphysical realm. You’ll experience deep relaxation and find the guidance that leads to profound insight.

Tap into expanded states of awareness. Gateway accelerates your ability to go farther, deeper and faster into different dimensions of consciousness—thanks in part to our use of Monroe Audio Support technology.

Learn from direct experience. For more than 40 years, the Monroe Institute has introduced thousands of people like you to the life-changing benefits of the Gateway Voyage program. As the world leader in consciousness exploration, we believe that direct experience is the most powerful teacher. After completing Gateway, you’ll be prepared to participate in most of our advanced level programs.

How it works

1. Gateway Voyage Virtual Retreat is a 4 ½ day real-time interactive online retreat.
2. Tentative schedule

1. Day 1 begins at 2:30 pm EDT with an overview, introductions, logistics and an audio exercise. The day ends at 6 pm EDT.
2. Days 2-5 begin at 9:30 am EDT. Each day is different and includes 3-4 audio meditation exercises, activities, videos and short presentations with a break for lunch. Each day ends at 6:00 pm.
3. The program will be conducted using Zoom meeting, a popular online platform for video conferencing and interactive online instruction. Audio exercises will be streamed through the Zoom platform and also available for streaming through your Monroe account during the retreat.
4. Reliable internet connection with a recommended minimum internet speed of 5 Mbps for streaming the exercises.
5. You will need headphones and a computer with a camera and microphone for video communications Over-ear wired stereo headphones or high-quality earbuds are recommended with a cord long enough to reach the place where you will be listening to the exercises.
6. To ensure you have true stereo sound, you can use this [Audio Test](#). (Linked in the details section below.) You should hear a pulsating frequency from ear to ear.

What You Get

In addition to the program materials and audio exercises, you will receive the following benefits.



Trainer Facilitation

Throughout the course a Monroe trainer will be there to answer your questions and support and guide you through the program.



Additional Audio Exercises

Continue your exploration once the program has ended with a take home audio exercise.



Qualifies as a Prerequisite

Completion of this online course meets the requirement for attending our advanced retreats.